

Project	Project Overview	Benchmark against other localities	2018/19 Charge	2019/20 Charge
<b>FLIC (Family Lifestyle Inclusive Club)</b>	A healthy weight management service for children. The sessions are delivered in partnership with the Leicestershire Nutrition and Dietetics Service (LNDS) which is part of the NHS. This includes a two hour family session split into 1 hour session with the children undertaking sports activities whilst the parents receive nutritional education, with the second hour being a family workshop together to support healthy choices (such as a cooking session). The service is delivered across the County free of charge.	Externally Funded to work with vulnerable families	Externally Funded to work with vulnerable families	Contract with LNDS ends, so will be no further delivery.
<b>Lifestyle Eating Activity Programme (LEAP):</b>	Working with LNDS, to deliver three 12 week course to help adults with a BMI over 25 to lose weight, become active and adopt a healthier lifestyle. Nutritional advice workshops provided, followed by physical activity session. Clients are signposted to physical activity exit routes within the community.	Externally Funded to work with vulnerable families	Externally Funded to work with identified priority groups	Contract with LNDS ends, so will be no further delivery.
<b>Gym Passes and SLF Support</b>	Engaging with a vulnerable individual & families who are already working with a range of the Council's services (such as SLF and Me & My Learning) to provide individual gym passes and family passes free of charge for 3 months (which the Council purchases from SLM) to improve the individuals mental health and wellbeing through a holistic approach.	N/A	Free	Free
<b>Health Checks</b>	The opportunity for staff health checks are provided on a regular basis. There is no charge for this service as individuals can also receive this service free of charge through their GP.	Free	Free	Free
<b>Low Impact Multi-Sport Programme</b>	After consultations with older people via the Senior's forum. The feedback suggested they would like a programme of different activities. 10 week low impact multi-sport sessions for older adults. Sessions will be ran by the PADO/private Instructor.	£3 NW Leicester	Free	£3
<b>Care Home Monthly Challenge</b>	In this Pilot Project, 2 of Melton's Sheltered Schemes, will compete against the other in a series of low impact physical activity monthly challenges. Activities will include; Balloon Tennis, Bean Bag Toss etc. Equipment & Guidance provided to carer's to carry out challenges. The project will be delivered in kind by community providers or by PADOs where possible.	N/A	Free	Free
<b>Steady Steps</b>	Deliver the Steady Steps Programme to help with falls prevention in older adults, in line with other localities. Once staff are trained (end of April 2018) we will deliver two 24 week programmes for clients that have been referred from Health Practitioners or self referred. On completion, clients are signposted to physical activity exit routes within the community e.g. Steady Steps Plus & Tai Chi.	Externally funded by CCG, to make it free for participants	Externally funded by CCG, to make it free for participants	Externally funded by CCG, to make it free for participants
<b>Walk Together</b>	To develop and deliver the Melton walking scheme, under the brand 'Walk Together'. Work with the 4 existing walking groups to increase their participation each week. Also train up volunteers to be qualified walk leaders. The service is delivered across the County free of charge.	Free	Free	Free
<b>Run Together</b>	To further develop Melton Running Club, under the brand 'Run Together'. Continue to promote and increase participation in the two existing Running Groups in Asfordby & Melton. Also to set up two further running groups within Long Clawson & Bottesford, training up volunteers to be qualified run leaders. The service is delivered across the County free of charge.	Free	Free	Free
<b>Cycle Together</b>	To develop and deliver a pilot programme of recreational cycling sessions in partnership with Melton based Cycling Club. Training up volunteers to be qualified cycling leaders.	Free	Free	Free
<b>Inclusive Sport Programme</b>	In Partnership with Age UK, Melton Mencap & LCFC, to deliver a 12 week programme of activities which caters for disabled people within the Melton Borough. LCFC inclusive coaches will deliver the programme and train up staff of partners to ensure sustainability of the programme. Community clubs also come in to deliver one off taster sessions to engage disabled people and signpost to their clubs within the community.	Free (dependent on funding) Harborough	Free	Free (if funding still available from LCFC)
<b>UV Sports Project</b>	A programme of party style sport experiences with the focus on having fun whilst being physically active. The project will particularly focus engaging with inactive girls who may be signposted via the SSP. The sessions will run at various venues around Melton to engage a wide audience on an adhoc basis. Sessions will be delivered by a trained member of staff.	N/A	Free	Free
<b>Youth Club Activities</b>	Working in partnership with SLF & PCSO's to provide young people, between the ages of 10-18, situated on priority neighbourhoods, with the opportunity to access different sports and games. Local coaches will be used for all of these schemes who will help to signpost the young people to a wide array of local opportunities.	Free - Blaby or 50p Oadby & Wigston	Free	Free